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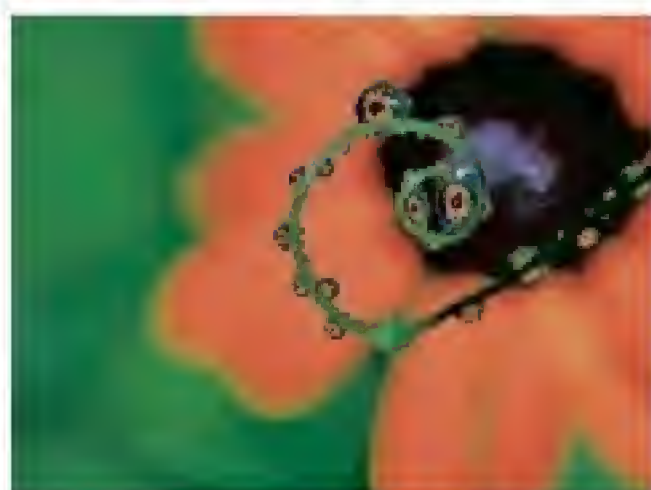
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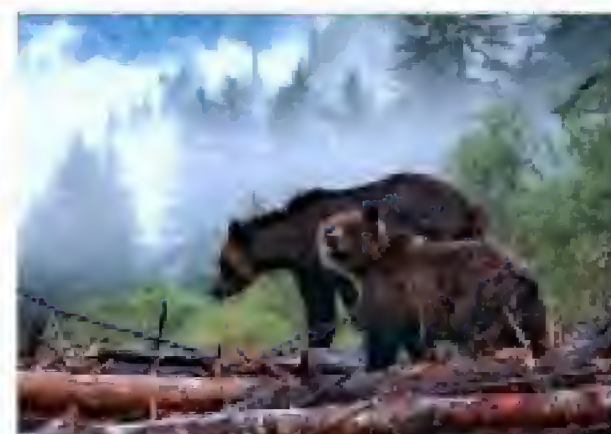
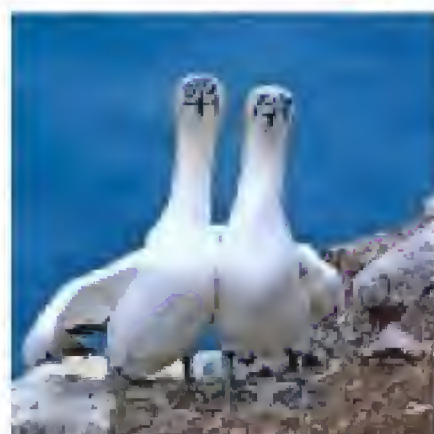
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COURTESY CANADIAN WILDLIFE FEDERATION

City tries to calm fears over planning concierge program

CONTROVERSY

Community groups get a say after complaints



Lucy Scholey
Metro | Ottawa

The City of Ottawa is trying to calm fears over a controversial new planning concierge program by extending the pilot to community associations.

Last summer, the city launched a six-month pilot project that would give planning staff "client relationship leader" roles. Those staffers would be paired up with the city's 20 major development firms to help them navigate the planning process.

Some people argued the move would give private development firms an unfair advantage in the planning process. Others said it risked closing the door to other stakeholders like community groups.

So, in a memo that will be tabled at planning committee this morning, city staff have said they will also appoint special liaisons to community associations.

Several representatives of those groups welcomed the news.

"I think that the city is a complex bureaucracy sometimes and a single point of contact can be worthwhile," said Michael Powell, president of the Dalhousie Community Association.

But Alex Cullen, president of the Belltown Neighbours Association, called the expansion "window-dressing" and said more could be done to involve community associations earlier in the planning process.

Several urban wards will soon have that opportunity. In a separate memo, city staff said they will involve community associations in Kitchissippi, Somerset, Rideau-Vanier and Rideau-Rockcliffe in a "pre-application consultation" pilot project. It allows community groups to meet with developers and staff early in the development process. The program launched in Capital Ward in 2014.

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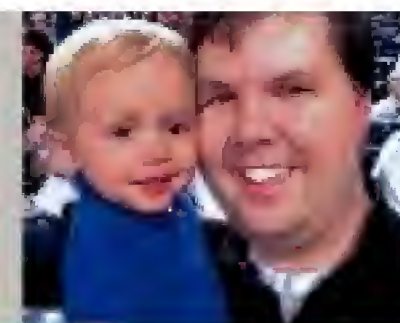
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5 THINGS TO SEE AT THE OTTAWA INTERNATIONAL WRITERS FESTIVAL

This year's festival dives behind headlines to explore the horror and humanity of escaping war, surviving sexual violence and living through Canada's residential school system — #becauseits2016, says artistic director Sean Wilson. So how do you choose which of the 25 events to attend? We've got you covered.



Emma Jackson
Metro | Ottawa

1 Letters to a nation

If you want to hear **Gov. Gen. David Johnston** expand on his idea of Canada, you'd better act fast: It's the most popular event so far, Wilson said. No wonder. Johnston's compilation of personal correspondence chosen from stacks of letters he's sent to movers and shakers over the past 50 years, cover all manners of Canadian life: the monarchy, First Nations education, justice, bilingualism, mental health and even hockey. **Johnston speaks at the NAC on April 19.**



3

Creative with cancer

Canadian rocker **Bif Naked** has been open about her struggle with breast cancer since she was diagnosed at age 37. Now she'll join two other women —Teva Harrison and Ottawa's own Lucy van Oldenbarneveld — to talk about the feelings that can accompany a breast cancer diagnosis. Learn how these women learned to embrace life and live more creatively during their discussion **April 19 at Christ Church Cathedral.**



Indigenous issues 4

First Nations writers are featured throughout the 10-day event. **Carol Daniels** explores the issue of missing and murdered Indigenous women in her novel *Bearskin Diary*, which she'll discuss **Thursday April 14 at Christ Church Cathedral.** She'll be followed by **Joan Crate**, whose novel *Breathing Water* follows a Blackfoot girl growing up in a residential school. And on **Friday April 15, Anishnaabe writer Kateri Akiwenzie-Damm** is part of a short story panel Wilson called the dark horse of the festival, as it features three emerging talents: "The quality of the work is just astounding."



2 The Ghomeshi effect

The headline-stealing trial of Jian Ghomeshi has pushed violence against women back into the spotlight, and perhaps no one is better positioned to speak on the topic than **Carmen Aguirre**. The Chile-born actor, playwright and author grew up in Vancouver. Her new memoir, *Mexican Hooker #1*, explores her decision to confront the man who sexually assaulted her 33 years after it happened. Aguirre **will take part in a memoir panel this Saturday April 16 at Christ Church Cathedral.** "There's definitely lots to get fired up about," said Wilson.

Real life Algernon 5

Ontario's Liberal government is under fire after leaving five-year-olds out of an expanded autism treatment program. So it's topical that **John Elder Robison** will discuss his experience with autism treatment — good and bad. Robison, who has Asperger Syndrome, underwent experimental brain therapy that unlocked a new emotional range inside him. But as his world turned from black and white to colour, Robison quickly discovered he may have sacrificed as much as he gained.

Hear him tell his story at **Christ Church Cathedral this Saturday April 19.**



LITIGATION

Man who slipped in community housing lot sues for \$1M



Haley Ritchie
Metro | Ottawa

A man who slipped in the parking lot outside his Ottawa Community Housing unit is now suing the city-owned organization for \$1 million.

Gamal Elbanna said in court documents that he was living at 251 Donald St. in December 2014 when he slipped and fell while walking to his car in the property's tenant parking lot.

Elbanna hit the pavement, causing "serious and lasting permanent personal injuries" accompanied by "great pain and suffering and profound physical and emotional anxiety and shock."

The lawsuit alleges that Ottawa Community Housing failed to keep the property safe or warn Elbanna about the danger.

Elbanna's lawyer, Sunish Uppal, said the \$1 million is an intentionally high "boilerplate"

figure subject to change as they determine the real future costs of the injuries.

"He's not exactly asking for a million but we don't know what his injuries will amount to. It comes down to how he recovers over time," said Uppal.

He said they have photographic evidence of the alleged negligence, including snow and dirt that was not cleared from the area.

None of the arguments have been tested in court.

Both Ottawa Community Housing and PML Contracting Ground Management Services dispute the claim.

PML, who filed a third party defence, insist in documents that Elbanna was responsible for his own fate.

The company's statement of defence gives a long list of possible reasons why his fall was his own fault — including that he was not paying attention, was inhibited by drugs or alcohol, was ill or failed to

wear proper footwear.

PML also denies that Elbanna sustained "disabilities and impairments" and wants to see proof.

Ottawa Community Housing said it was unable to comment while the lawsuit was ongoing. It's not the first time Elbanna has taken a company to court over an injury.

Last year, he served Seattle-based Starbucks with a \$1-million lawsuit alleging he was injured by a too-hot cup of coffee.

CORRECTION

In Monday's edition, Metro incorrectly reported that Ottawa city council had voted against installing cameras in Uber vehicles, and that the city's Community and Protective Services Committee would review a pet shop by-law this Wednesday. In fact, both issues have gone through the Community and Protective Services Committee and go to city council on Wednesday. METRO

City sowing community garden seeds

Green-thumbed community gardeners may soon have their pick of the land to plant produce. With the goal of harvesting small- and medium-scale urban farmers, the City of Ottawa is looking at allowing more community gardens and farmers' markets. Here are the proposed changes that could allow fruit and veggie stands to flourish.

Lucy Scholey/Metro PHOTOS: ISTOCK



No private produce profiting

Community gardens would be permitted in residential zones. However, homeowners can't set up fruit and veggie stands on their front yards. So if life gives you lemons, don't sell them from home.



Sharing is caring

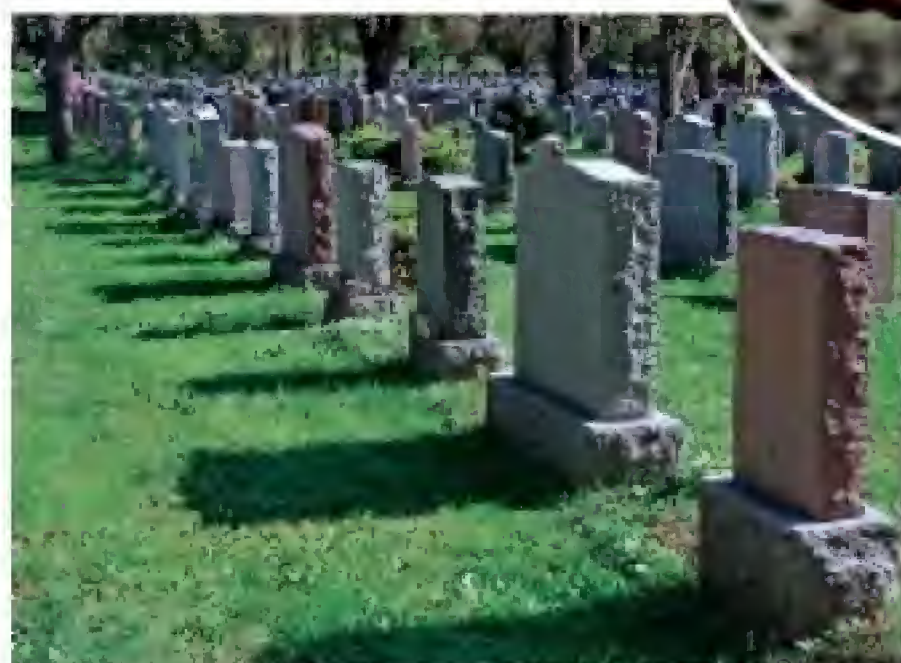
Gardeners would be allowed to sell, donate or share produce from community gardens. The city's Community Gardening Network already does this (last year, they donated three tons of produce to the food bank), but this bylaw would simply recognize that. Again, only farmers' markets can sell the produce.

House rules

Any buildings associated with community gardens would be limited in size and location.

The soil before the toil

The soil would have to be "suitable" for fruit and veggie growing.



Location, location, location

Farmers' markets would be permitted to operate in many new places around the city, including parking lots, golf courses, community centres, museums, libraries and even cemeteries.



Leasing the land

Property owners would be allowed to lease some of their land to a community gardener, and receive a portion of the produce or revenues in return.

TIMELINE

The planning committee will vote on these bylaw changes this morning.

LGBTQ RIGHTS

Raising issues at city level

Ashley Moffatt
For Metro | Ottawa

People across Ottawa will be wearing pink on Wednesday to show their support for an end to homophobia, transphobia, transmisogyny and all forms of bullying. But one local group is also using the opportunity to team with municipal politicians to create a dialogue about LGBTQ issues at the city level.

"We organized with about 20 mayors across the country," said Jeremy Dias, the director of the Canadian Centre for Gender and Sexual Diversity.

"They're going to meet with youth. Provincial and federal politicians have done a really great job of consulting youth around bullying. But we don't have much in the way of municipal legislation. Our goal is to have municipal politicians having those conversations and taking a viewpoint on these issues."

In Ottawa, federal Environment Minister Catherine McKenna has taken on this role. Politicians aren't the only ones showing their support. Comedian Rick Mercer released a YouTube video encouraging people to participate, and the Ottawa police have tweeted their support too.

Dias says he hopes this campaign eventually leads to the kind of societal change that came from other movements, such as the women's movement and the civil rights movement.

"As we near a point where we get equal rights for LGBT people across the country, it isn't enough," said Dias. "We haven't achieved respect equality. Changing the social consciousness of people, changing people's behaviours and people's attitudes — I think that change is just as critical as a piece of paper of legislature. One might argue it's more important."

Businesswomen helping to build families' dreams

HOUSING

Scavenger hunt winners to get \$15k to put towards home

A pair of local businesswomen have banded together to create an event they say is unique in Ottawa — a scavenger hunt with a \$15,000 prize towards a house.

Colleen Lyle, a team leader at Keller Williams Ottawa Realty, and mortgage agent Sue Hameed

created the Ottawa House Hunt event, which will take place on May 7 at the Crazy Horse restaurant in the Kanata Centrum shopping centre.

The two learned of a similar and very successful event being done in the U.S., said Hameed.

"We talked about it and we said, 'Hey, what the heck, let's just do it,'" she said.

Though sponsors have come forward to help with advertising, creating the event's website and other details, the prize money is coming straight from Lyle and Hameed, she said.

The plan is for teams of two to register by paying \$25 each to enter, with all of the proceeds from the tickets going to the Ottawa Senators Foundation's Campership Program.

Then the teams will have one hour to complete a scavenger hunt at the Kanata Centrum and in various stores located there.

But if you ask Hameed or Lyle to tell you what kinds of things teams will have to do, they can't quite say because even they don't know. Only the event planner will, said Hameed.

The winning team will then

20
So far 20 teams have registered for the scavenger hunt.

receive \$15,000 to put towards the down payment on a house.

A win could also help renters who are paying the equivalent of a mortgage payment every month.

In addition to the grand prize,

there will be prizes for some runners up, said Hameed, and perhaps more.

The Sens camp program was selected because the money gets used locally and the very next summer, said Hameed.

They hope to raise between \$5,000 and \$10,000 for the foundation, they said. So far 20 teams have registered for the event, though they are hoping for 100 or more.

They also hope to make the event an annual affair, said Hameed.

ADAM KVETON/METROLAND MEDIA



1 This illustration is provided by Olivia Mew, a Montreal-based artist with a love for wildlife. She is curating the show for the Canadian Wildlife Federation. COURTESY OLIVIA MEW

2 Geddy Lee, a member of the Canadian rock group Rush, took this photo of a rookery of King Penguins while on a recent photography expedition to the Falklands. COURTESY GEDDY LEE

3 The photo titled **Monarch Butterfly** was the runner-up in the Home is Habitat portion of the competition, which focused on animals nurturing small animals. COURTESY ISABELLE MAROZZO

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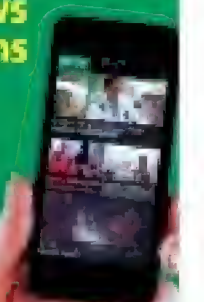
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Ontario Conservative Leader Patrick Brown arrives at Premier Kathleen Wynne's office for a meeting about political fundraising at Queen's Park on Monday. NATHAN DENETTE/THE CANADIAN PRESS

Donations ban to begin next year

POLITICS

Wynne still undecided on taxpayer subsidies

Premier Kathleen Wynne says Ontario will ban corporate and union donations to political parties by Jan. 1, 2017.

However, Wynne says she's not sure yet if there should be a per-voter subsidy from taxpayers to help the parties offset the drop in donations, or how long such a subsidy should last.

The premier says legislation will be introduced in May that also imposes maximum spending limits on third-party advertising and reduce the maximum allowable donations from individuals in the range of the federal limit of \$1,500 a year.

Wynne announced the planned rule changes after meeting Progressive Conservative Leader Patrick Brown and NDP Leader

Andrea Horwath, both of whom called the gathering disappointing. Brown calls the meeting a sham, and says it went off the rails as soon as he told Wynne the Tories would keep pressing for a public inquiry into fundraising quotas of up to \$500,000 for Liberal cabinet ministers.

Wynne also rejected an NDP call to have the chief electoral officer lead the review of political financing rules, but said he would be the first called to testify about the government's proposed legislation.

She says the opposition leaders wouldn't give her any feedback on the proposed changes and instead wanted to talk about process, which she said would only delay implementation of the needed reforms.

Brown launched another attack on the Liberals' fundraising activities during Monday's question period, saying Wynne recently visited the drug manufacturer Apotex after the company donated nearly \$200,000 to the Liberal Party.



Andrea Horwath NATHAN DENETTE/THE CANADIAN PRESS

"Can the premier assure us that these donations are not affecting the government's decisions," Brown asked. "If this is all smoke and it's not fire, then the premier would embrace a public inquiry."

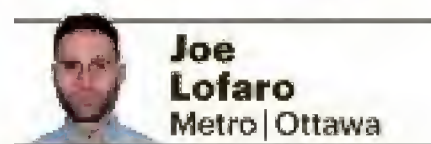
Wynne flatly rejected Brown's allegations.

"Political donations do not buy policy decisions in my government," she told the legislature. "Any innuendo or suggestion to the opposite is false."

THE CANADIAN PRESS

HOMICIDE

Fifth suspect in Najdi case appears in court



Joe Lofaro Metro | Ottawa

An 18-year-old man accused of first-degree murder in Ottawa's first homicide of 2016 was already facing a federal drug charge from last year, according to court documents.

Ali Elenezi of Ottawa was charged with trafficking a controlled substance under the Controlled Drugs and Substances Act

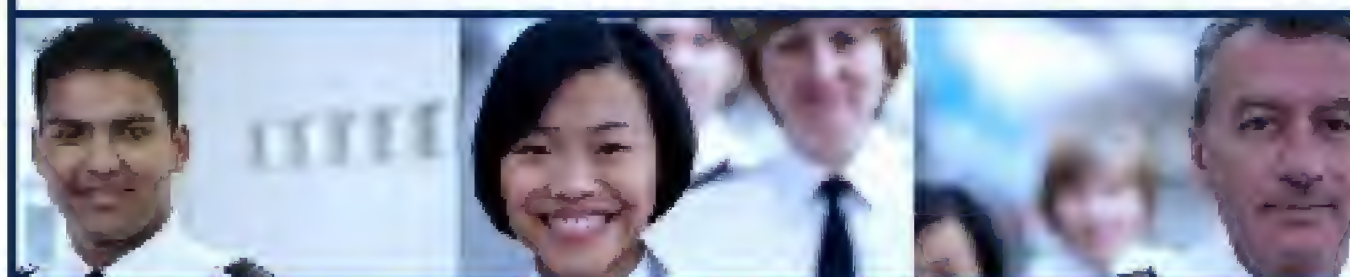
and possession of property obtained by crime on Nov. 17, 2015, the records show.

Ottawa police arrested Elenezi and four other men Saturday in the Jan. 10 gang-related murder of Mohamed Najdi, 28, who was shot and killed outside his home in the Yule Manor Co-op on Claremont Drive.

Elenezi appeared in court Monday to face the murder charge, but his matter was put over until April 25 — the same day his co-accused will return to court.



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IN BRIEF

Mayors get seat at National Capital Commission table

Ottawa mayor Jim Watson and Gatineau mayor Maxime Pedneaud-Jobin now have a literal seat at the table when it comes to National Capital Commission business.

The two mayors were made non-voting members of the NCC on Monday morning.

They cannot cast votes but can still participate in discussions and ask questions, something Watson has asked for since 1997. HAILEY RITCHIE/METRO

G7

Dion vows renewed anti-nuke efforts



Stephane Dion, second from left, with his G7 counterparts at Hiroshima Peace Memorial Park. KYODO NEWS/THE ASSOCIATED PRESS

Foreign Affairs Minister Stephane Dion says Canada can help kick-start the world's stalled nuclear disarmament efforts by pushing for controls to prevent terrorists from building a nuclear weapon.

Dion joined his G7 counterparts Monday in calling for a renewed effort toward nuclear disarmament after visiting the atomic-bombed Japanese city of Hiroshima. But the minister also appeared to express frustration at what many see as the glacial pace of nuclear disarmament efforts.

"It's a challenge because over the last 20 years, it's stalled," Dion said from Tokyo, adding that there's been "no major progress" on ridding the world of nuclear weapons in that time.

Dion said Canada will focus on the growing international effort to revive the Fissile Material Cut-off Treaty. It has been more than 50 years since the UN embarked on creating the treaty, which would control the spread of nuclear materials.

THE CANADIAN PRESS



Baldev Mutta, centre, CEO of Punjabi Community Health Services in Brampton, Ont., with his granddaughter Talon Mutta, left, and daughter Rakhi Mutta. Mutta is involved in initiatives to celebrate girls born to Indian parents. BERNARD WEIL/TORSTAR NEWS SERVICE

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Canada's lost girls studied

SEX DISCRIMINATION

Indo-Canadian birth data shows gender imbalance

A preference for boys among Indian-born parents may have contributed to a deficit of more than 4,400 girls over two decades in what researchers in a new study are calling Canada's "missing girls."

The research, presented in the Canadian Medical Association Journal and the online CMAJ Open, looks at more than six million births in Canada and reveals that a greater presence of boys among Indian-born mothers may in part be linked to abortions in the second trimester, when parents can learn the baby's sex.

The birth data was compiled from databases administered by Statistics Canada and the Institute for Clinical Evaluative Sciences in Toronto between 1990 and 2011, and 1993 to 2012, respectively.

"The main implication is that among some immigrant communities, males are placed at a higher value than females. This is not just about abortions, it is about gender equality," said lead author Marcelo Urquia of St. Michael's Hospital. "I hope that this is conducive to a respectful debate on the value of girls and women in today's Canadian society."

His study newly exposes a relationship between induced abortions and the previously reported large numbers of boys among Ontario's Indian community, said Urquia, noting the data likely explains an imbalance in the rest of Canada too. Some of the "deficit" of girls may be due to "implantation of male embryos," said Urquia, but the data is insufficient.

For Baldev Mutta, CEO of Punjabi Community Health Services in Brampton, Ont., it's



This is not just about abortions, it is about gender equality.

Marcelo Urquia

a question he and other community leaders will have to face. With this new research, he says, it is "time for some soul searching" in the country's Indian community.

"This is something that we cannot hide anymore," said Mutta.

He helped launch an initiative that flips the script on a traditional celebration called a "Lohri," meant for celebrating the birth of a boy, but which Mutta and a group of young South Asian women have turned into a movement called Lohri For Her.

TORSTAR NEWS SERVICE

IN BRIEF

Sporadic fighting mars first day of Yemen ceasefire

A UN-brokered ceasefire was mostly holding across war-torn Yemen on Monday with scattered violations reported by both sides. Much of the remaining violence took place in the besieged city of Taiz, where shelling killed at least one person and wounded five, according to residents.

The truce between the Saudi-led coalition, which backs Yemen's internationally recognized government, and the Shiite rebels known as Houthis went into effect at midnight Sunday. THE ASSOCIATED PRESS

Israel to free Palestinian girl, 12, held in prison

A 12-year-old Palestinian girl who was imprisoned after she confessed to planning a stabbing attack in a West Bank settlement will be released early, Israel's prison service said Monday, capping a saga that drew attention to the dual legal system in the West Bank.

The case has put Israel's military justice system in a tough spot as it deals with a girl who has pleaded guilty to a crime, yet has not even completed the seventh grade. THE ASSOCIATED PRESS

Thailand to sentence drunk drivers to morgue work

To help combat the carnage on the country's roads during this week's traditional New Year's celebration, Thai authorities are going gory: Drunk drivers and repeat traffic offenders can be sent to work in hospital morgues to see the fruits of their irresponsibility.

Casual attitudes toward road safety give Thailand the second-worst record in the world for traffic fatalities.

THE ASSOCIATED PRESS



British Prime Minister David Cameron leaves 10 Downing Street in central London Monday to appear before MPs for the first time since it emerged he had profited from an offshore fund. STEFAN ROUSSEAU/THE ASSOCIATED PRESS

David Cameron defends tax affairs

PANAMA PAPERS

Britain acting to stop evasion in overseas havens: Leader

British Prime Minister David Cameron fought back Monday after days of criticism over his finances, lashing out at what he called hurtful and untrue claims about his late father's investments sparked by leaked details about the offshore accounts of the rich and famous.

Trying to restore his government's shaken reputation, Cameron insisted that "aspiration and wealth creation are not somehow dirty words" and said

Britain was acting to stop evasion in its overseas tax havens.

Cameron has been under mounting pressure since his father, Ian Cameron, was identified as a client of a Panamanian law firm that specializes in helping the wealthy reduce their tax burdens. The prime minister initially refused to say whether he had a stake in Blairmore Holdings, an offshore firm established by his father, before acknowledging he had sold his shares in it shortly before he was elected in 2010.

"I accept all of the criticisms for not responding more quickly to these issues last week," Cameron told lawmakers in the House of Commons. "But as I said, I was angry about the way my father's memory was being

traded."

Cameron said his father, who died in 2010, had set up an investment fund overseas so it could trade in dollar securities — "an entirely standard practice and it is not to avoid tax." He said millions of Britons had investments in such funds through their workplace pensions.

Revelations about the Cameron family finances — found among more than 11 million documents from the Panamanian law firm Mossack Fonseca — have overshadowed the government's claim that it is committed to closing tax loopholes. Cameron has championed greater financial transparency, and is due to host an international anti-corruption summit in London next month. THE ASSOCIATED PRESS

+ IN CANADA

The Canada Revenue Agency is boosting its efforts to hunt down tax dodgers — including those who shelter cash offshore — under an expanded plan expected to recoup \$2.6 billion in unpaid taxes over the next five years.

The agency shared some specifics Monday on how it will improve detection, auditing and prosecution of tax cheaters with help from a five-year, \$444-million government commitment.

THE CANADIAN PRESS

GEORGIA

Trial begins in hot SUV death

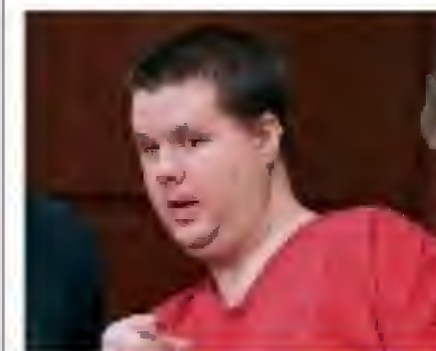
The judge overseeing the trial of a Georgia man accused of intentionally leaving his son in a hot SUV to die heard on Monday from about a dozen potential jurors who said they had scheduling conflicts. Two were excused.

Justin Ross Harris, 35, faces charges including murder in the June 18, 2014, death of his 22-month-old son, Cooper. Police have said the boy died after spending about seven hours in the SUV on a day when the temperature in the Atlanta area reached at least into the high 80s F (over 30 C).

Prosecutors have painted Harris as a man unhappy and unfaithful in his marriage who sought an escape and intentionally left the boy to die. Defence attorneys have called the boy's death a tragic mistake that Harris will have to deal with for the rest of his life.

He was indicted in September 2014 on multiple charges, including malice murder, felony murder and cruelty to children. That indictment also includes charges related to sexually explicit exchanges prosecutors say Harris had with an underage girl.

The extensive local and national news coverage of the case from the beginning will likely make it extremely difficult to find jurors who haven't heard or read about it. THE ASSOCIATED PRESS



Justin Ross Harris

THE ASSOCIATED PRESS

UNITED NATIONS

Report urges ban on killer robots

Technology allowing a pre-programmed robot to shoot to kill, or a tank to fire at a target with no human involvement, is only years away, experts say. A new report called Monday for a ban on such "killer robots."

The report by Human Rights Watch and the Harvard Law School International Human Rights Clinic was released as the UN kicked off a week-long meeting on such weapons.

"There is a real threat that humans would relinquish their

control and delegate life-and-death decisions to machines," said Bonnie Docherty of Human Rights Watch.

Last year, more than 1,000 experts — including scientist Stephen Hawking, Tesla Motors CEO Elon Musk and Apple co-founder Steve Wozniak — warned that such weapons could be developed within years, not decades, and that if left unchecked a "global arms race is virtually inevitable."

THE ASSOCIATED PRESS

IN BRIEF

U.S. navy officer accused of espionage

The U.S. military has charged a Taiwan-born Navy officer with espionage for allegedly passing military secrets to China or Taiwan, U.S. defence officials said Monday.

A navy document accuses Lt. Cmdr. Edward C. Lin of failing to report foreign contacts and says he gave or attempted to give secret national defence information to representatives of a foreign government.

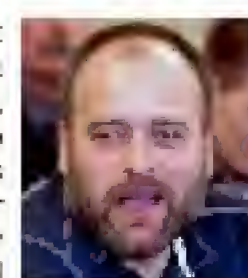
THE ASSOCIATED PRESS

UTAH

Polygamy outlawed again

A federal appeals court restored Utah's ban on polygamy Monday, handing a defeat to the family from TV's Sister Wives and other polygamists who say the ruling could send plural families back into hiding out of fear of prosecution.

Others cheered the decision that they say will help authorities prosecute people for crimes tied to the practice, such as underage marriage and sexual assault.



Brady Williams

RICK BOWMER/THE ASSOCIATED PRESS FILE

The 10th U.S. Circuit Court of Appeals dismissed a 2013 ruling that struck down key parts of Utah's law against bigamy. U.S. District Judge Clark Waddoups had found the state violated polygamists' right to privacy and religious freedom.

The appeals court ruled that Waddoups should not have considered a lawsuit from Kody Brown and his four wives because they were never

charged with a crime and there was little chance they would be.

Prosecutors pointed to Warren Jeffs, the imprisoned polygamist sect leader convicted of assaulting girls he considered wives.

The Browns have never belonged to Jeffs' group, and lumping in good, honest polygamist families with him isn't fair, said Brady Williams, who has five wives.

"We're only guilty of trying to love a different way than the norm," he said.

THE ASSOCIATED PRESS

Chatbots at your service

TECHNOLOGY

Why you might soon be texting robots as often as your friends

The robots are coming ... to help run your life, or sell you stuff, at an online texting service near you.

In coming months, people who use Facebook's Messenger app, Microsoft's Skype and Canada's Kik for online chats can expect to find new automated assistants offering information and services at a variety of businesses. These messaging "chatbots" are basically software that's capable of human-like conversation — and of doing some simple jobs once reserved for actual people. Google and other companies are reportedly working on similar ideas.

In Asia, such software butlers are already part of the landscape. When Washington, D.C., attorney Samantha Guo visited China recently, Guo said she was amazed at how extensively her friends used



People who use Messenger and Skype for online chats can soon expect to see businesses offering information and other services with the help of messaging "bots." PATRICK SISON/THE ASSOCIATED PRESS

bots and similar technology on the texting service WeChat to pay for meals, order movie tickets and even send each other gifts.

"It was mind-blowing," said Guo, 32. U.S. services lag way behind, she added.



Bots are the new apps.

Microsoft CEO Satya Nadella

Online messaging has become routine for most people, offering more immediacy than email or voice calls, said Michael Wolf, a media and technology consultant. Messaging services are now growing faster than traditional

online social platforms like Facebook or Twitter, according to research by Wolf's firm, Activate.

And experts say messaging bots can handle a wider range of tasks than apps offered by retailers and other consumer businesses. In part, that's because bots can recognize a variety of spoken or typed phrases, where apps force you to choose from options on a drop-down menu. Reaching a chatbot can be as simple as clicking a link in an online ad or scanning a boxy bar code with a smartphone's camera; a special-purpose app requires a download and often a new account sign-up.

"Bots are the new apps," Microsoft CEO Satya Nadella said last month. Microsoft has just announced new programming tools for businesses to build bots that will interact with customers on Skype, the Internet voice, video and messaging service Microsoft owns.

Facebook is widely expected to unveil similar tools for its Messenger chat service at the company's annual software conference starting Tuesday. THE ASSOCIATED PRESS

REGULATOR

CRTC: No guarantee of speedy Internet

Canadians may want fast Internet access everywhere in the country, but that doesn't mean it will be guaranteed by Canada's telecom regulator.

Canadian Radio-television and Telecommunications Commission (CRTC) chairman Jean-Pierre Blais says any speed or service level his agency finds ideal won't automatically mean regulatory action to ensure it's accessible to everyone.

Blais opened exhaustive hearings Monday into whether high-speed Internet access should be a basic service and what that could mean. But he said it will be up to participants to demonstrate why the CRTC should act and why market forces are not enough to ensure the public's need for Internet services is being met.

"As it is crucial not to confuse 'wants' with 'needs,' the CRTC is asking parties to take a fact-based and objective approach to these discussions," Blais said in an opening statement to the hearings. THE CANADIAN PRESS

IN BRIEF

Canadian Pacific abandons bid for Virginia-based firm

Canadian Pacific Railway has given up on its attempt to merge with Norfolk Southern Corp., days after the U.S. Justice and Defense departments raised concerns about the proposed takeover of the Virginia-

based company. Calgary-based Canadian Pacific initially proposed the deal in November, which would have created the largest railroad in North America. It would have expanded CP's rail network, especially in the eastern U.S. and the Chicago area. THE CANADIAN PRESS

INTEREST RATE

Rebate tackles hiring barriers

Several banks and credit unions in three Ontario cities are offering to help businesses lower interest rates on their business loans or lines of credit if they hire disadvantaged Canadians.

The Toronto-based Social Capital Partners' "rate drop rebate" initiative is aimed at businesses

in London, Hamilton and Ottawa that hire people facing barriers to employment, including students with limited work experience, people with disabilities, older Canadians and unemployed indigenous people.

The group's founder, Bill Young, says the rebate will help

improve the cash flow for the businesses with a cash-back interest rate rebate.

The Ontario economic development ministry is teaming up with Alterna Savings, CIBC, First Ontario Credit Union, Libro Credit Union and Meridian to deliver the rebate. THE CANADIAN PRESS

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ROSEMARY WESTWOOD

metroview

To yearn for Bern is to be the quintessential young Canadian lefty

It's a special insult that the U.S. is even doing socialism better than us.

Rhetorically, in any case. We might be living in the pseudo-utopia of Bernie Sanders' acolytes' dreams, with our health care and restrictions on campaign spending, our sick leave and mat-leave culture. But they have something that we want, too: Bernie himself.

Our supposedly lefty champion, Thomas Mulcair, saw his leadership future end with a hollow thud this weekend (the NDP voted to replace him, which could take a few years). Sure, he had his "pitbull" moments in the house, but did anyone #feelthe... Nope.

Meanwhile, Sanders is more popular on Canadian millennial Facebook feeds than cats and puppies combined. Sure, he's cute in that scruffy, stray-dog kind of way. But it's not the cuddliness. It's the honesty.

Still dreaming they'll never turn cynical, young Canadians are primed to value not only the message of Sanders's democratic socialism, with its focus on free universities and its rage against soulless corporate greed, but also the vessel. Here's a man who has, for decades, been singing the same tune. Unlike the party-swapping Mulcair, Sanders is the grandpa who really DID walk to school in the snow, uphill, both ways.

It's for others to deduce what caused the NDP's implosion. But I spoke to enough

young voters during the campaign to know their idealism was ill met in the NDP's platform, and its portrayal of a stiff, somewhat shifty leader.

Of course, I could dream up a more perfect candidate than Sanders. One that shatters at least one of the gender and race biases in politics. One with a stricter stance on guns. And Sanders is controversial among black American voters.

It's also worth wondering whether Sanders would be as beloved if he weren't also a slightly cantankerous New Yorker — is our love just an extension of our enduring fascination with America itself? The political equivalent of wanting to visit Detroit? And if we lived there (in Detroit, in the U.S.) would it seem as romantic?

Still, it's laughable that we're more afraid of socialism, the word, than America is right now: the NDP voted in 2013 to scrap that term from its constitution, partly so it wouldn't become an issue in the 2015 election.

Canada needs a solid left. A socialist party that walks and talks like one. One that champions the growing poor and fights against impunity among the rich (ahem, #panama-papers). We deserve a chance to vote for a leader who meaningfully defends the socialism already at work here.

I might not always vote for him, or her, but my generation, in large part, will.

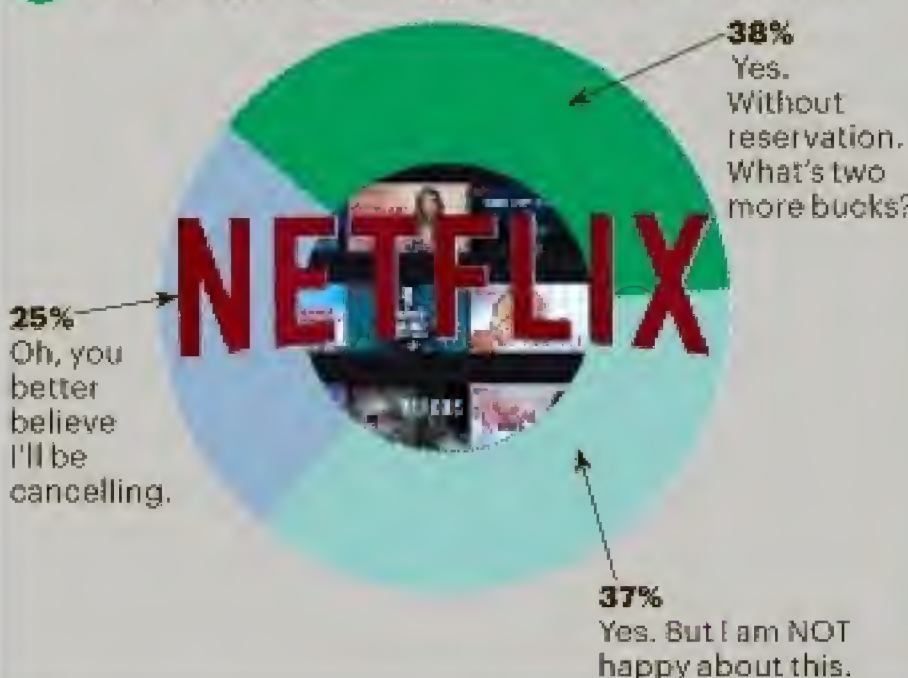
METRO POLL

Is Netflix asking for too much?

Streaming glad or screaming mad?

Don't look now but Netflix has its hand out and it's looking at you, early adopters. Having already raised subscription rates for new members, the streaming giant will in May begin charging its legacy subscribers \$9.99 a month for service that has, since launch, cost \$7.99 a month. This, in the wake of the company's recent crackdown on "unblocking" services. We asked our readers to weigh in.

1 Are you going to keep your Netflix account?



2 What monthly services do you pay for?

- 48% A cable or satellite package
- 40% Netflix
- 6% Shomi
- 4% Crave
- 40% Both cable and at least one streaming service

WE ASKED Metro readers

Are you joking, Netflix!??

\$9.99 is still good value.

Frustrating interface. Stale content. Lack of new features. And now price increase?

It's all free somewhere. Netflix was just easier. But if you start gouging, you lose me!

A pack of cigarettes costs \$15.00 and that's without the taxes thrown in. So I would say Netflix is still really a great deal.

The hidden costs behind the subscription are the data fees, which make it an extremely expensive service if you watch a lot of movies.

visit metronews.ca
HAVE YOUR SAY

Injection sites overdue by yet another year

COLLINS' CAPITAL

Steve Collins



When the topic of supervised injection sites comes up, I prepare to get frustrated.

So last week, as the Sandy Hill Community Centre held the first of a series of public consultations on a proposed site, I braced for the usual Groundhog Day dance of official mulishness, denial of evidence, and delay, delay, delay.

Our mayor and police chief didn't disappoint. They're still both against supervised facilities for people to inject drugs, despite the overwhelming evidence that they cut the risk of overdose, HIV and Hep-C. It'll encourage crime, says the chief. Health-care dollars are scarce, says the mayor.

Two years ago, a Simon Fraser University analysis calculated that it would cost \$4.4

million to run two sites here, but save us \$5 million in prevented infections alone. The mayor and police chief were opposed then, too.

Like cough syrup, supervised injection sites taste terrible and they work. Vancouver's pioneering Insite facility has been poked, prodded and studied nearly to death. Not a single overdose death at the facility. Drastic reductions in death and disease. Study after peer-reviewed study.

Whenever a politician tells you, as they still will sometimes, that expert opinion is split on the matter, laugh if you can, cry if you must. There is no split. Dr. Mark Tyndall, when he headed the Ottawa Hospital's infectious disease unit, compared that argument to claiming the world is flat.

Dr. Isra Levy, the city's chief medical officer of health, is unequivocal that the facilities save lives, and the question is not whether the city needs

one but whether it needs more than one. But Ottawa Public Health has no plans to open one, because, well, you know.

The stigma against drug users, the natural resistance to making it easier and safer for them to do something illegal and dangerous, is a powerful force, one that makes our political leadership resistant if not immune to the evidence.

It's been a year since I last wrote on this topic. At the time, the Conservative government, having failed in their latest attempt to shut down Insite, had just passed Bill C-2, the Respect For Communities Act, which threw up multiple roadblocks to repeating its success elsewhere.

It requires criminal background checks for all employees, for example, which disqualifies a lot of former users who want to help others become former users. It's the only sort of health facility that requires a letter from the local

police chief before it can open.

A year later, a lot has changed. We have a new government no longer ideologically opposed to supervised injection sites, and in Toronto, public health officials plan to open three of them.

In Ottawa, a lot hasn't changed. Meanwhile, over the course of that year, 40 people, give or take, have died of overdoses. We rack up another fatal OD every 10 days or so.

Last year, I spoke to Catherine Hackel of the Coalition for Safer Consumption Sites. What she said still hurts.

"The longer it takes to get a site open, the more days pass and the more people die," she told me. "To me it's very personal because these are my friends."

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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Fat and proud

It's an interesting time for the body positivity movement. Amy Schumer took on *Glamour* magazine last week for calling her "plus size" and *Addition Elle* fired an employee after she tweeted "fat lady" in an endearing way. As labelling polarizes the plus size community, Metro asked fashion blogger and entrepreneur Karen Ward about reclaiming words used to hurt us.

Karen Ward
For Metro

I am adorably chubby, a freckle-faced eight-year-old waiting her turn for the monkey bars. A bully pushes me aside forcibly. I tell her I was waiting in line. She tells me to shut up and calls me a "fat tubba lard."

This is why the reclamation of the word "fat" is so contentious. But it's also why it is so important.

Twenty years later I am on the front lines of the body positivity movement in Toronto.

I have been told all my life, either implicitly or explicitly, that I do not deserve the space I occupy or the beautiful clothing on my back because I am "fat."

In 2010 I started my blog *Curvy Canadian*, offering shopping tips, lists of stores that ship to Canada, and fashion inspiration to plus size Canadian women.

Plus size clothing options are seriously lacking, and in 2012, I opened my own clothing store in Toronto, *Your Big Sister's Closet*.

I believe in the transformative power of dressing well. Fashion is a language, and plus size women have lacked the words so long that we

barely know how to speak.

One of my customers, a petite brunette who just graduated from high school, was so shy when I first met her that she couldn't even talk to me or make eye contact.

She's been back many times since then and she's blossomed — shedding baggy sweats for my most dramatic pieces, her head held high while wearing her new electric blue pouffy skirt, and her voice audible. She is why I do what I do.

Body positivity is a social justice movement that reinforces that everyone, no matter their size, age, race, gender, disability, or appearance, is worthy of the right to be proud of their body.

The body positivity community in Toronto is leading the charge to change perspectives.

Reclaiming the word "fat" is an important part of the movement.

The word "fat" has always been a "bad" word — used as an insult, and a cruel one at that, which is why plus size mega retailer *Addition Elle* fired store associate Connie Levitsky for using it.

"Fat" is much more value-laden than any other physical descriptor: tall, short, blond, brunette.

None of these hold the same ability to hurt as "fat,"



From left: Sarah Taylor, reigning Miss Plus Canada; blogger Laura Caravaggio; blogger and boutique owner Karen Ward; Ophelia Alleyne, 2014 Body Confidence Canada Award Winner; Thera Warren, plus-sized stylist and blogger. LIZ BEDDALL/METRO



which is why we need to reclaim this word.

We need to strip it of its ability to hurt, shed the negative connotations it has accrued, and use it to label ourselves. Doing so is a highly subversive act.

I applaud Levitsky both for using the term and for speaking out about her firing. It has shed much-needed light on our movement, and edu-

cated brands like *Addition Elle*.

This issue of labelling has been polarizing in the plus-size community.

Supermodel Ashley Graham has been criticized for participating in the #droptheplus movement, a campaign devoted to eliminating the "plus size" label altogether.

Fans are angry because

“

We need to strip it of its ability to hurt, shed the negative connotations it has accrued, and use it to label ourselves. Doing so is a highly subversive act.

Karen Ward on reclaiming the word 'fat'

Ashley is the face of so many brands that cater to plus size women such as Lane Bryant, *Addition Elle*, *Forever 21+*, and department stores like Saks and Nordstrom, and this has helped her get to where she is, but some people feel that she is forsaking the plus size industry and community by denying the term.

It would be wonderful if we could get rid of all these labels and just BE. Unfortunately, we're just not there yet.

We're not at the point where we can throw away the labels that help us organize our advocacy.

There is still so much work to do.

Just as second-wave feminists rallied as one loud, uni-

fied voice, so must we before we can enjoy what a third-wave body positive activism will bring — a celebration of individuality without labels. We're getting there. Slowly.

When I started my blog six years ago I initially titled it "Canadian Fatshionista," but changed to "Curvy Canadian" because I worried that brands like *Addition Elle* wouldn't work with me and that I might alienate readers.

Now, I would choose "Canadian Fatshionista" without hesitation — not because I believe that attitudes have changed, but because I have come so far in my own body positivity.

I can now own that word. It's time to take it back.

I am fat, and I am proud.

When you're Aniston's yoga teacher

INTERVIEW

Mandy Ingber breathes deep and doesn't let it go to her head

While she may not have been spotted at Central Perk, celebrity yoga instructor Mandy Ingber has played a "friend" in an extended episode of Jennifer Aniston's real life. Call it The One with All the Yoga.

Ingber, who credits her yogi father for raising her on the craft, is a former actress herself who played Annie Tortelli in Cheers and short-lived spinoff The Tortellis. Today she's a New York Times bestselling author and creator of an instructional workout DVD inspired by her fitness philosophy she calls "Yogalosophy."

Ingber spoke with Torstar from Los Angeles about her famous friend and her fitness values, outlined in her upcoming book Yogalosophy for Inner Strength: 12 Weeks to Heal Your Heart and Embrace Joy (Seal Press: \$33.95), out May 20.

What inspired you to make yoga such a big part of your life?

Jennifer (Aniston) actually was the one who pushed me.

I started teaching her and she started talking about me. It just happened.

You've instructed her for years. How have you seen her progress?

It's been a long time, like 11 years or something. She started at a time when she was going through a divorce; it was a trying time, and it was a transitional time. At that point, I think it was really just finding a way to have acceptance and presence to what she was feeling. Sometimes moving your body can bring you into a better place mentally and emotionally. I think practising yoga on a daily basis brought her to a better place where she was comfortable in her own skin no matter what was going on.

You talk a lot about the "yoga mentality." What does it mean to incorporate that into other workouts that aren't necessarily yoga?

If you don't do yoga, it doesn't mean that you can't have a sense of detachment, which means not attaching yourself to your thoughts or your emotions. To be able to have a little bit of separation from the negative part of yourself that wants to quit. It starts physically by the breath; how does my heart feel pumping my blood? Then we start to notice our thoughts, and we redirect our thoughts, gain some control, gain control over the breath.

TORSTAR NEWS SERVICE



CHALLENGE

Toe the line with this stretch

YuMee Chung
Torstar News Service

Tabi are Japanese split toe socks, designed to be worn with traditional thonged footwear.

They were the socks of choice for samurai during Japan's feudal era and are still sported by many martial artists. Learn to isolate your toes with this simple stretch.

Tabi Toes

1. Sit on the floor with legs outstretched and feet side by side. Flex your ankles until the soles of the feet are vertical — the ankles should resemble standing ankles. Spread your toes.

2. Press both big toes away from you while bringing the remaining toes back in the opposite direction.

If the toes aren't overly co-operative, use your hands to manually pull the smaller toes back while you focus on the reach of the big toes. Feel free to bend your knees when reaching for the toes.

3. Now, find the opposite action: Move the big toes towards you while curling the remaining toes away. If this is challenging, push the smaller toes away with your hands while you focus on pointing the big toes back toward you.

4. Aim for ninja-like precision as you repeat the exercise, gradually speeding up as the intrinsic muscles of the feet get stronger and more co-ordinated. Complete eight rounds. Practise this regularly to improve your balance and get lighter on your feet. If the arches of your feet cramp up while trying Tabi Toes, give



Feel free to bend knees when reaching for the toes. TORSTAR

them a little stretch and a massage before attempting to complete the exercise using 20 per cent less effort.

This kind of cramp is the result of overwork and neurological confusion; the pattern of cramping should resolve with practice.



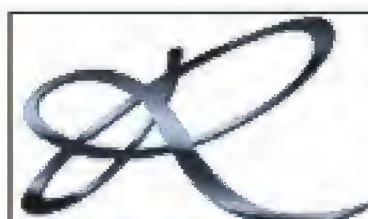
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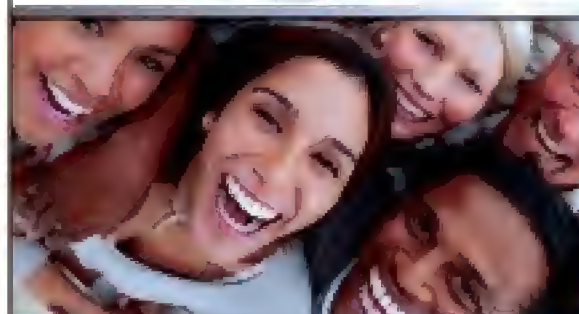
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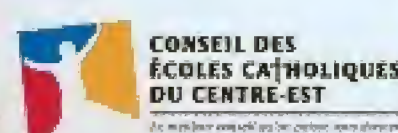
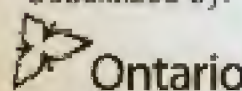
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CAMP GUIDE

Camp with something for all ages, interests

With Day Camp, Travelling Sports Camp and 19 exciting Specialty Camps, JCC of Ottawa Summer Camps has something for every child.

JCC Day Camp, for 2 to 14 years old, includes instructional swim lessons and a daily free swim. Campers love art, drama and a different theme each week such as Under the Big Top, Tropical Days and Jurassic Days. Day Camp takes place at the Soloway JCC's outstanding air conditioned facilities which include indoor and outdoor pools, gym, preschool rooms for younger campers and two multi-purpose fields.

For the more adventurous type, there's Travelling Sports Camp, a unique program that exposes children (entering grade 2 – 9) to a variety of sports and takes them to the city's coolest summer spots. Mornings at the Soloway JCC

include a daily swim lesson plus instruction in a ton of different sports like soccer, football, ball hockey, softball ultimate frisbee and more. After lunch campers hop on a bus and go windsurfing, banana boarding, tubing and go-carting. NCC beaches, golf and water slides are all part of the fun.

JCC of Ottawa's exciting Specialty Camps educate and spark children's imaginations. New this year are The Director's Cut: The Breaking News, Magic Mysteries, and Robotics Square. Returning favorites include If we Could Talk to the Animals, Boot Camp, Silent Motion Picture, Girls on the Go, The Great Adventure, Band Camp, Spy Kids, LEGO, Horseback Riding, Summertime Splash, Claymation Animation, Coach Brown's All Star Basketball Camp, Girl Power,



ISTOCK

Last Blast, Radical Ray's Junior Science and The Director's Cut: Music Video.

All JCC of Ottawa Summer Camps mature and highly qualified staff are chosen for their commitment, devotion and ability to work with children. Low counsellor-to-camper ratio further ensures that all activities are safe, fun and provide a positive experience for everyone.

JCC of Ottawa Summer Camps headquarters is the Soloway JCC located in Ottawa's west end at 21 Nadolny Sachs Private, one block south of Carling off Broadview. Before and after camp care are available.

Register online at jccottawa.com or print out a registration form from our web site and bring it in.



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Carleton has sports camps of all sorts

For over 40 years, Carleton University Sports Camps have been providing kids — aged four to 17 — with the city's finest sports experiences.

"Great organization, great motivating and excellent teaching. My son, who doesn't like sports, loved it," says parent Vince Gravel, adding he will be definitely be returning this year.

Throughout the week, Carleton U campers will play a wide variety of sports — soccer, softball, badminton, basketball, European handball, fencing, football, field hockey, lacrosse, squash, tennis, ultimate Frisbee, volleyball and water polo.

There are also some exciting new activities this summer, like Tchoukball, table tennis and spikeball.

For those hoping to hone their skills in a particular sport, there are a number of single specialty camps as well for basketball, hockey, soccer, tennis, football, baseball and ringette.

There is even the Mini Ravens Camp, which provides a full day of sports, swimming lessons and fun for kindergarten age kids.

Every camp day also includes a swim and a delicious cafeteria lunch.

The camps take advantage of the full range of Carleton University's first-class facilities, including the indoor turf field-house, Ravens Nest and Norm Fenn Gyms, squash courts and fencing and combatives room.

Carleton University Summer Sports Camp Details

When: Monday through Friday from 8:30 a.m. to 5:30 p.m.

Pick-up and drop off: Carleton University Fieldhouse (1125 Colonel By Drive)

Ages: six through 14

Price: \$284.50 (*additional early and late care available for small fee)

Registration is now open for Carleton University Sports Camps. To register, or for more information, visit athletics.carleton.ca/camps or in person at the Welcome Centre in Alumni Hall.

ADD SCIENCE, WRITING OR ART TO CAMP EXPERIENCE

Carleton University Sports Camps offer a number of fantastic programs to exercise both the body and mind. Combining world class athletics facilities with unique learning experiences in a university environment, campers can choose to participate in a half day of sports combined with a more academic experience through Creative Writing and Sports, Art and Sports or the new Earth Sciences and Sports camp.

On top of the popular Summer Camps, the school also offers March Break and Holiday Camps, as well as Youth and Children's programs and Lifesaving Camps.

13 Great Summer Camps!

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Tennis Camp • Leadership Camp
Mini Ravens Camp • Art and Sport Camp
Creative Writing and Sport

NEW FOR 2016

Earth Sciences and Sport Camp
Baseball Camp

athletics.carleton.ca/camps

sports_camps@carleton.ca

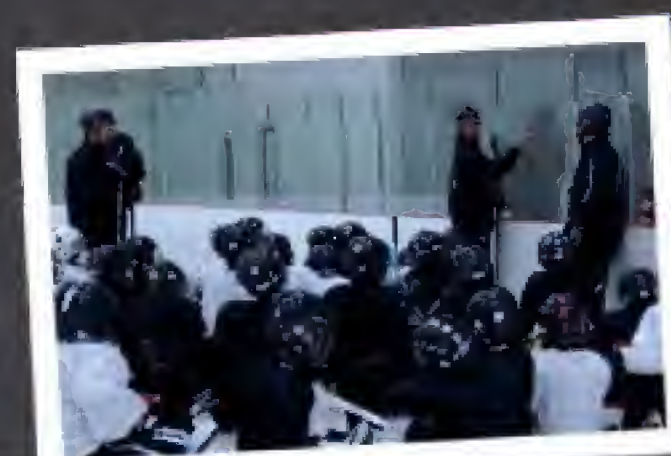
Ottawa's favourite sports camps for over 40 years. Camps for all ages from 4-17. Full cafeteria Lunch and Daily Swim included. Premium indoor and outdoor facilities.



RAVENS

CARLETON UNIVERSITY

WHERE CHAMPIONS PLAY



Ship them off to camp

If your child, teen (or maybe even yourself) have always dreamed of an adventure on the "high seas," look no further than a Bytown Brigantine Tall Ships Adventure.

Tall Ships Adventures, based right here in Ottawa, offers a variety of summer camps and voyages for youth — ages 12 through 18 — for all experience levels. Not only will trainees earn their sea legs, but high school students can also earn a school credit through select programs.

Bytown Brigantine summer programs are offered on the Ottawa River, the mighty St. Lawrence and Lake Ontario.

Campers taking part in the Black Jack Island Adventure Camp will board the Black Jack, an iconic, century old ship, at the Britannia Yacht Club and sail along the Ottawa River, charting their way to Alexandria Island for a weeklong campout. They'll haul the line, set the sails, climb the mast and even take a turn at the helm.

For an even bigger adventure, there's the Fair Jeanne Voyages — a larger ship on larger bodies of water, sailing the St. Lawrence River



CONTRIBUTED

and Lake Ontario from Brockville, Ontario.

Of course, regardless of the voyage, these ships offer young people the opportunity to develop leadership skills, confidence and self-reliance.

Bytown Brigantine also strives to leave no child ashore for lack of funds — the Thomas G. Fuller Bursary program offers financial assistance to youth wanting to set sail on the adventure of a lifetime.

For more information, visit tallshipsadventure.org.

LET YOUR KID EXPLORE THEIR CREATIVE SIDE

It's never too early for your child to explore their creativity and a new summer camp in the heart of the city is now open to provide the perfect outlet.

The Performing Arts Summer Camp operates out of City Centre downtown and focuses on helping kids learn everything from how to sing and keep a beat, to honing in on their acting, dance and improvisational skills. The camp's counsellors — the majority of whom are university students — are all well-trained in a variety of disciplines.

The camps are open to children ages five through 13. No experience is necessary and both boys and girls are encouraged to sign up.

Campers will enjoy a variety of experiences every day throughout the week, including dance classes covering multiple formats like jazz, hip hop and lyrical. A portion of the day is also spent exploring the campers' creative side with performing arts related crafts, like making masks, posters and props.

Acting exercises are also a big part of the day as student work on memorizing scripts, facial expression and body language. Campers will be taught the basics of singing — how to



CONTRIBUTED

carry a tune, musicality and lyrics.

For more info:

The Performing Arts Summer Camp runs weekly from July 4 through Aug. 19. The cost is \$230 per week (plus HST) and before/after care is available for an additional fee. For more information or to register, visit performingartsottawa.com.

Bytown Brigantine

SUMMER CAMP FOR YOUTHS

Black Jack Island Adventure Camp

Ages 12-14

5 & 10 day co-ed and girls-only overnight camps departing from Britannia Yacht Club

ADVENTURE PROGRAMS FOR TEENS

Fair Jeanne Voyages

Ages 13-18

5-day Voyages of Discovery
21-day Semester Voyages: Sail training, High school credits, options for kayaking and scuba certification

Cast off, set sail, take the helm and climb aloft for the adventure of a lifetime!



REGISTER NOW

613-596-6258

tallshipsadventure.org



TALL SHIPS
ADVENTURE



Performing Arts Summer Camp

Live, Laugh, Learn ... Dance, Sing, Act

July 4-8

July 11-15

July 18-22

July 25-29

August 1-5

August 8-12

August 15-19

Boys and Girls
ages 5-13

No experience necessary!



Studio X, 250 City Centre Ave.

performingartsottawa.com | p.artsummercamp@gmail.com

Why kids love summer camp

With spring just underway, many parents have already started the search for their kid's summer day camp. Picking a fitting camp for your child is one thing but understanding why camps benefit your child is another.

First off, day camps offer your child an opportunity to develop physically.

"The big focus for us is exposing the children to sports. It's a great chance for kids to try an array of new sports and see what they might like to pursue in the future," says Ben Gallaher, coordinator of the green and gold sports camps held at the University of Alberta. Be it a sports camp or one devoted to art or cooking, daily activities are always integrated into the schedule to ensure everyone stays active throughout the day.

Secondly, a trip to camp should allow your child to discover their personal identity. So they didn't excel on the basketball court but instead realized they were very good at science. Each child at camp goes on a journey during which they become more familiar with themselves and their skills and talents.

Campers are also instilled with confidence from the whole experience by mixing with others, playing sports and games and ultimately making decisions. "We see the children develop an interest in sports, which is due to our excellent staff of varsity athletes and university students. By the end of the week the kids have more purpose about them and are eager to find out how they can continue to play the sport they are best at," added Gallaher.

In today's overprotective parenting world, children can sometimes be over coddled, so it's helpful for their development if they have a certain amount of independ-



ISTOCK

ence. This confidence and independence will be bolstered by a sense of belonging to a tight group, not to mention the future friends your child will make along the way.

Another modern day problem that day camps can help remedy is our children's infatuation with technology. Excessive social media use and/or video gaming can take the innocence out of growing up so give your child a taste of what your own childhood was like. This means lots of carefree and active time outdoors and interacting with others in person rather than online or by phone.

To top it off parents will have that little bit more time to themselves to enjoy the sunnier months so consider doing your child and yourself a favour this summer.

-Eoin Weldon



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gymnastique
Les Sittelles**

Summer Camp

From June 27 to August 19, 2016

Gymnastics, trampoline, games, day trip and crafts with bilingual coaches!

Girls & Boys ages 4 years and up *Fun and friends in French!*

2760, Sheffield Rd., Ottawa (Walkley Road off Highway 417)

613 742-5098

www.sittelles.ca



Content Solutions

Ottawa Summer Camps Come play with us!

Win a Week of Summer Camp!

Register for a City of Ottawa summer day camp by June 1 and you could be one of 25 lucky campers to win your week back, up to a value of \$250. All registrations received by this date will automatically be entered into the draw. For details, visit ottawa.ca/summercamps.

Win a
FREE
Week of Camp
Register before June 1
25 Winners!

Preschool Half-Day Camps:

Summertime fun for the little ones!

Games, crafts, songs and special themes will give your preschooler lots of adventures in their neighbourhood. Our leaders organize imaginative and interesting activities where learning and socialization are enhanced. Morning and afternoon programs near you!

Camp Ottawa

If finding summer activities close to home or work is your priority, check out the new Camp Ottawa around the city with organized games, sports, crafts and special events. Themes ignite the imagination and offer a different program each week.

Water Fun for Everyone!

We have swimming lessons, water sports and aqua fun for all! Your aquatic adventures are rounded out with camp activities including games, crafts, sports, and special events.

Sports Camps Galore

Active camps, specializing in skills and drills for all sorts of sports. Increase your speed, precision, and fitness levels to help in your overall growth towards living an active life! Camp activities are included, time permitting.

Creative Arts Camps and Art Centre Camps

Boost creativity, increase concentration and problem-solving skills, and experience artistic achievement. Many city facilities offer camps with an arts component. Choose among programs in visual arts (drawing, painting, and mixed media), digital arts (animation and moviemaking), performing arts (drama, music, dance) and creative writing.

**Excitement guaranteed!
Leaders you can trust!**

ottawa.ca/recreation

3-1-1    
TTY 613-580-2401

Living Music puts rhythm in kids camp

One of the city's newest music schools is approaching its one year anniversary with big plans for the future.

Living Music Studios opened on May 1, 2015, just a day after west-end music store Simply Guitars closed its doors.

Andrew Burns, co-founder of Living Music Studios and a former Simply Guitars teacher, says, when he received notice of the store's closing, he teamed up with business partner, Danae Tsikouras and started laying the groundwork to open a new school in the same neighbourhood with zero interruption of services to his former student base.

Living Music Studios now offers private lessons, studio recording, rehearsal space and music accessories. "We want to share our passion for music and our belief in its importance in an individual's development as well as its importance in bringing a community together," says Burns.

This summer, Living Music Studios is aiming to introduce a whole new generation to music



ISTOCK

performance though its Summer Music Camp.

No experience is required for this daily camp, which offers students group vocal and percussion lessons. The program is designed to help children develop rhythmic awareness and performance skills, build creativity and gain confidence.

Living Music Studios Summer Music Camp

Where: Living Music Studios (1889 Baseline Rd.)

When: Monday through Friday from 1-4 p.m. all summer long

Cost: \$100 per week

Ages: five through 13

For more information: livingmusicstudios.com

PLAY IT SAFE WITH OSC'S HANDS-ON CAMP FUN

The Ottawa Safety Council's Summer Camp teaches life skills and provides hands-on fun to children ages four to nine years.

New this year: We've added Cyber Safe Internet Safety to the programming. Our 'Little Leader' campers, ages seven to nine, will learn about bully proofing and first aid, and will have a chance to take on a leadership role, to be a 'crossing guard' and 'walking school bus leader'. Each week features a fun theme including Olympics, Treasure Hunters and, back by popular demand, Emergency & Rescue.

Kids want to know: What makes our camps fun? Last year's camp surveys indicated that kids love riding the mini four-wheelers, biking through obstacles in the bike rodeo, splashing at the wading pool, the special guests and the fun crafts and games.

Parents want to know: What will your child be learning? In addition to Internet safety and first aid, each week includes traffic and pedestrian safety, bike and helmet check, rules of the road and water safety.

One hundred per cent of parents that completed our camp survey in 2015 said they would recommend this camp to a family



CONTINUED

member or friend, with 90 per cent strongly agreeing their child had fun.

As one of the only camps in Ottawa to include before and after care in the price, it makes it an affordable, educational and fun choice for your child this summer.

For more information: To learn more, visit ottawasafetycouncil.ca.



livingmusic
STUDIOS

Summer Music Camps

Percussion • Vocal • Keyboard • Ukulele • Guitar

Monday-Friday, 1-4pm, \$100/week



AGES 5-8	AGES 9-13
July 4-8	July 11-15
July 18-22	Aug 8-15
Aug 15-19	Aug 22-26

Build confidence, work as a team, and have a blast! Learn the fundamentals of music through group vocal and percussion sessions. No prior musical experience is necessary.

REGISTER NOW! (613) 224-1989
1889 Baseline Road • www.livingmusicstudios.com

SIGN UP FOR OSC'S  **SUMMER CAMP!**

LEARN LIFE SKILLS - We teach important topics like traffic safety, Internet safety, and cycling skills.

HANDS-ON FUN! Get active! We've got bike rodeos, mini 4-wheelers, special guests, & more!

GREAT PRICE!
\$195/five day week
\$160/four day week
Before & after care included!

AGES 4 - 9 YEARS

Find out more at
OTTAWASAFETYCOUNCIL.CA



Now is the time to plan for summer

For over 30 years, the Dovercourt Recreation Association, a not for profit charitable organization based in the city's west end, has offered a diverse and impressive variety of Summer Day Camp programs for children of all ages.

This summer, on top of annual favourites like sports, performing arts and science camps, Dovercourt is offering a number of exciting new additions.

For starters, the Overnight Camps have been extended to include younger campers who may not be ready for a week away from their parents. Children as young as 8-years-old are now invited to spend three days and two nights at the MacSkimming Outdoor Education Centre, while the older campers can enjoy a longer stay.

The new Freestyle Scootering Camp is dedicated to one of the most popular segments in action sports today. Campers will learn technique and safety while building confidence on



CONTINUED

their scooters.

Once again, Dovercourt's partnership with Ottawa Bluesfest will provide one of a kind experiences for young artists and musicians. Some campers will even perform at RBC Bluesfest or CityFolk later on this year.

A number of other incredible opportunities await young campers interested in exploring the worlds of television, aviation and busking.

Now is the time to start planning your child's summer vacation. Spots fill up fast and registration for Dovercourt's Summer Camps is open now. Download a full program guide at dovercourt.org.

HAVE WHAT IT TAKES TO BE A FASHION DESIGNER?

The Richard Robinson Youth Fashion Summer Camps offer an overview of what it takes to become a fashion designer.

Participants take a lot of pleasure in sketching their ideas, planning the pattern and achieving simple and creative projects.

Kids learn how to sketch fashion silhouettes, design garments, experiment with different mediums and develop their creativity.

They conceive simple projects where they apply techniques they learn in Sewing, pattern making and textile transformation.

The projects are the product of their creativity and imagination.

They experiment with different fabrics, play with dyes and paint for textiles, learn beading and embellish with a wide variety of beads, sequins, lace.

The camps are perfect for kids who want to explore their fashion interests.

CAMP SCHEDULE

8 - 11 years old (3 camps)

9 a.m. - 4 p.m. — \$300

July 4 to 8

July 11 to 15

Aug. 8 to 12

12 - 17 years old

9 a.m. - 4 p.m. — 600 \$

July 4 to 15

July 18 to 29

Aug. 8 to 19 (Advanced camp)



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OTTAWA, ON 613-798-8950

MORE INFO...

dovercourt.org

Youth Fashion Summer Camp

For 8 to 10 Years Old
Sleep over - July 4 to 8 - \$300
Art lover - July 11 to 15 - \$300
Sleep over - August 8 to 12 - \$300

For 11 to 17 Years Old
Beginner - July 4 to 15 - \$600
Beginner - July 18 to 29 - \$600
Advanced - August 8 to 19 - \$600

Register Today!

ONLINE
www.richardrobinson.com
Visit the "Youth Summer Camps" section and fill out the form.

BY MAIL, EMAIL, PHONE OR IN PERSON
Fill out the summer camp registration form and send it to:
419 Sussex Drive, Ottawa, ON
info@richardrobinson.com
613-241-5233

RICHARD ROBINSON
FOUNDED 1980

Senators expect change

NHL

Cameron's coaching staff could be shown door

The Ottawa Senators already have a new general manager, and the players know more big changes are coming.

The Senators (38-35-9) finished the 2015-16 season 11 points back of the Philadelphia Flyers for the final wild card in the Eastern Conference. Expectations for this group had been high after last season's unbelievable run to the playoffs, but instead of progressing this team stumbled on a regular basis.

"When you have years like this it's frustrating, especially when you have a good group of guys," said forward Mark Stone as the Senators cleaned out their lockers Monday. "You want to win together, you want to succeed together and we weren't able to do that so we know there's going to be changes. It's just the nature of the game."

The first change came Sunday as the Senators announced that Bryan Murray would be stepping down as general manager and Pierre Dorion would be promoted to the position.

Players spoke of the admiration they had for Murray, who continued to work despite battling colon cancer, but know that Dorion brings a wealth of experience to the job.

"Very sad about Bryan, I have



Senators captain Erik Karlsson speaks to reporters as the team's players clear out of their lockers on Monday. JUSTIN TANG/THE CANADIAN PRESS

a lot of respect for that man and what he's done throughout his career and especially for mine," said captain and star defence-man Erik Karlsson. "There was a decision that they thought about long and hard and it's what was best for the organization."

Speculation remains rampant regarding head coach

Dave Cameron and his staff's future. While his departure seems imminent, players said Cameron's message was still getting through.

"Somebody mentioned to me that they've been here six or seven years and this will be their fourth or fifth (coach) and he felt like (the players) should

be taking the heat a little more," said forward Bobby Ryan. "I don't want to say things are falling on deaf ears because I don't think they did with Paul (MacLean) and I really don't think they did with Dave, but at the same time I think the actions and the responsibility is more on the players than ever gets let on to Dave."

"I don't think the room was lost by any means as far as we're concerned with Dave."

While Cameron may have still had the players ear there was definitely a disconnect when it came to production

You would play unbelievable one game and look like a great playoff team and the next night you look like you don't even belong in the league. Chris Neil

+ MATCHUPS

EASTERN CONFERENCE Atlantic Division

- (1) Florida vs.
(WC1) New York Islanders
- (2) Tampa Bay vs.
(3) Detroit

Metropolitan Division

- (1) Washington vs.
(WC2) Philadelphia
- (2) Pittsburgh vs.
(3) New York Rangers

WESTERN CONFERENCE Central Division

- (1) Dallas vs.
(WC2) Minnesota
- (2) St. Louis vs.
(3) Chicago

Pacific Division

- (1) Anaheim vs.
(WC1) Nashville
- (2) Los Angeles vs.
(3) San Jose

OLYMPICS

Canada's chef de mission resigns

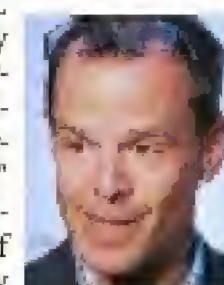
Freestyle skiing champion Jean-Luc Brassard, who earlier this year criticized the Canadian Olympic Committee's handling of alleged sexual harassment by former president Marcel Aubut, has stepped down as Canada's chef de mission for the Summer Games in Rio.

Back in February, Brassard told Radio-Canada he would consider resigning over the Aubut scandal. The COC said Monday he was leaving for "business and personal reasons."

"Since becoming chef de mission, my professional obligations and other responsibilities have

made it very challenging for me to manage time-wise," Brassard said in a statement. "After much reflection, I have come to the difficult decision, and in the best interest of Team Canada, to step down as chef de mission. I arrived at the conclusion that I could not help the athletes to the extent that I would like."

Former cyclist Curt Harnett, a three-time Olympic medallist and four-time Olympian, succeeds Brassard after holding the same position with Canada's Pan American Games team last summer. THE CANADIAN PRESS



Jean-Luc Brassard

THE CANADIAN PRESS

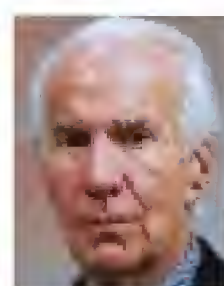
OBITUARY

Flyers founder dies of cancer at 83

Ed Snider, the Philadelphia Flyers founder whose "Broad Street Bullies" became the first expansion team to win the Stanley Cup, has died after a two-year battle with cancer. He was 83.

The Flyers said he died early Monday morning.

Snider was arguably the most influential executive in Philadelphia sports. He was chairman of the 76ers, was once a part-owner of the Eagles and had a hand in founding both Comcast's local sports channel



Ed Snider
GETTY IMAGES

and the city's largest sport-talk radio station. Upon hearing that the National Hockey League was going to expand from its original six

teams to 12, Snider petitioned the league and was awarded an expansion club in 1966.

THE ASSOCIATED PRESS

IN BRIEF

Legendary Habs coach begins therapy after stroke

Hospital officials say Sen. Jacques Demers has begun therapy and that his health is continuing to improve after his stroke last week.

They said in a statement Monday afternoon the 71-year-old's overall medical condition is stable.

Demers, who coached the Montreal Canadiens to their 1993 Stanley Cup victory, was rushed to hospital last Wednesday night. THE CANADIAN PRESS

Davis, Orioles spoil Ortiz's final Boston home opener

Chris Davis hit a tiebreaking, three-run homer off new Boston closer Craig Kimbrel in the ninth inning and drove in five runs, carrying the Baltimore Orioles over the Red Sox 9-7 Monday in David Ortiz's final home opener.

Kimbrel (0-1) walked Caleb Joseph with one out and Manny Machado with two outs, then gave up Davis' home run to centre on a 97 m.p.h. pitch.

THE ASSOCIATED PRESS

MLB

Story's debut one for record books

Nobody in major-league history has ever had a first week like his.

Trevor Story hit a record seven home runs in his first six games, including homers in his first four starts.

"It has been fun so far," the Rockies shortstop said Sunday after hitting a solo shot in Colorado's 6-3 win over the San Diego Padres, giving him 12 RBIs and putting him on a ridiculous pace for 189 home runs and 324 RBIs this season.

OK, that won't happen. But

+ FAST START

Of the 27 players in the 500-homer club, Willie McCovey needed the fewest games — 18 — to reach seven home runs.

that's the kind of start Story has had. Even Cooperstown has taken notice, obtaining his helmet and batting gloves.

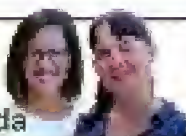
THE ASSOCIATED PRESS

RECIPE Chopped Chicken and Asparagus Salad



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada



We love half-homemade dishes. Pick up a rotisserie chicken from the store, do some chopping and assemble — you'll have a great dinner salad that yields lots of leftovers.

Ready in

Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1/2 whole roasted chicken, white meat sliced and cut into bite-size chunks
- 1 cup shaved cheddar cheese
- 1 red pepper, sliced and chopped
- 1 bunch of asparagus, steamed and chopped
- 4 kale leaves, stemmed and chopped

Directions

1. In a tall, lidded pot, place two inches of water. Tie asparagus into a bundle with string and place in pot upright. Cook for 3 to 8 minutes depending on thickness. Remove from water and set aside.

2. Chop chicken meat and place in a large mixing bowl.

3. Shave cheese and cut asparagus into bite size pieces similar in size to chicken. Chop red pepper. Combine chicken, cheese, asparagus and red pepper into bowl and gently mix. Drizzle desired amount of dressing into salad.

4. Arrange chopped kale on plates and then spoon chicken salad over top and serve.

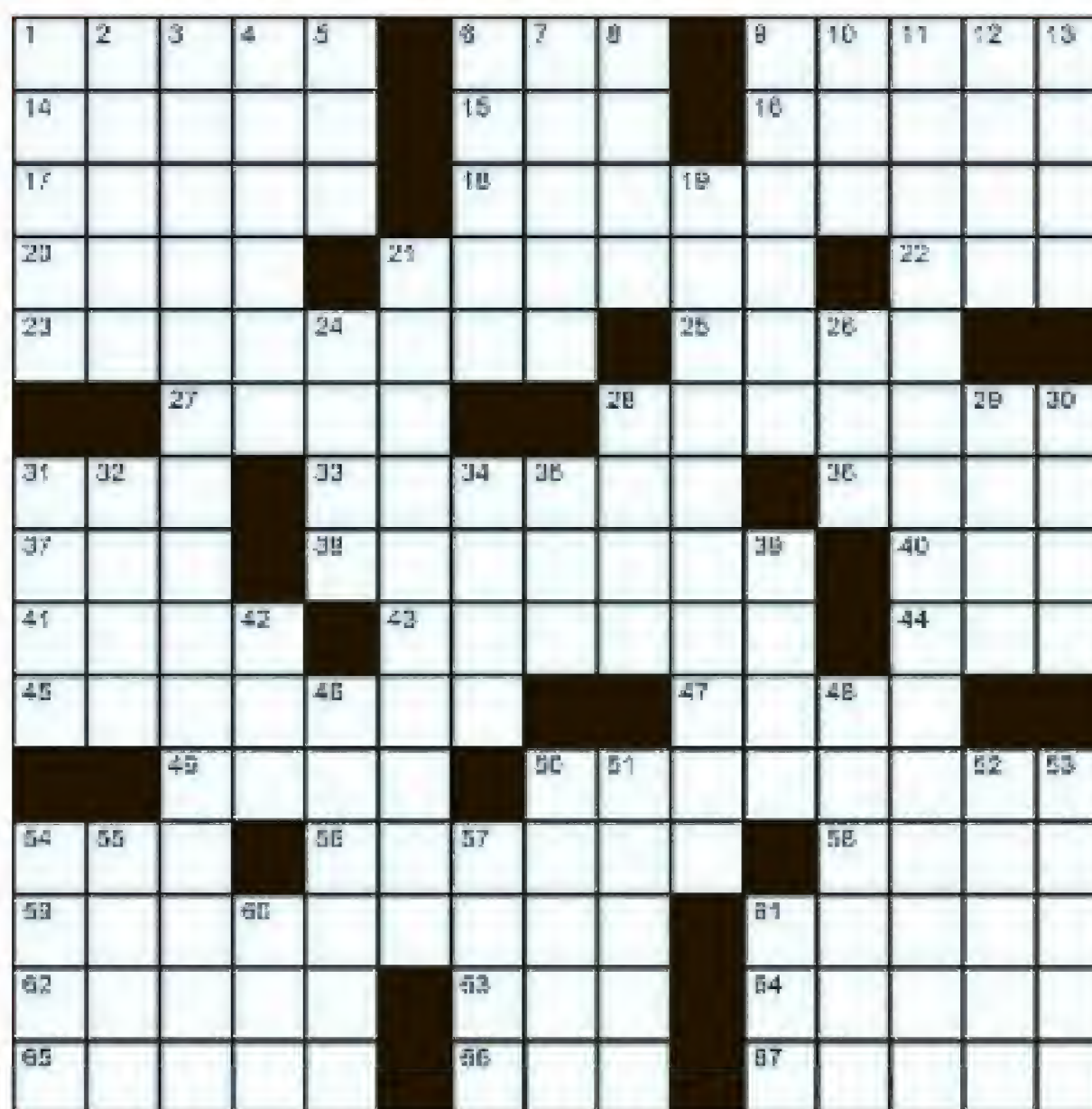
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Vancouver-born actress Ms. Smulders
6. River of Hiroshima
9. Amu _ (River in Asia)
14. Hoop-shaped
15. Fabled flapper
16. Hunter constellation
17. Singer Ms. Menzel
18. Hindrances
20. Montreal 'Miss', mini-
21. Hours: French
22. Laugh hall
23. "Halifax" is a song on the new album 'ArrangingTime' by what American singer?: 2 wds.
25. 1973 to 1974 police series
27. Superstar
28. Wine/fruit punch
31. Climber's conquest, curtly
33. Andean animals
36. Nero's 1605
37. Gang
38. Alaska's archipelago-dwelling bears
40. 'Sun' complet-
41. Gator's look-alike
43. Put on that Spring jacket: 2 wds.
44. Hosp. professionals
45. 'Shrinking' flowers
47. Minimum _
49. Modelling's Miranda
50. Tires brand
54. Flight tower serv. for planes



56. Tower of London guard
58. Man _ Man-cha (Musical)
59. Novelist, William Makepeace _ (b.1811 - d.1863)
61. Madrid 'waters'
62. Motor scooter company

63. Soul, in Paris
64. Mail: French
65. "For he that _ through Morgoth's eyes..." - J.R.R. Tolkien, The Silmarillion
66. Pot's cover
67. "The Biggest _" (NBC show)

DOWN

1. Style with a 1980s hair iron
2. "Tee _ Un-Burn-Bo"
3. Living room feature: 2 wds.
4. Requiring resources: 2 wds.
5. Q. "Is Phys. _ class

- we have to take?" A. "Unfortunately."
6. Dictate
7. Bruce Springsteen's "Born _"
8. Buying _ (Dealer-ship transaction)
9. Canadian singer Fefe
10. 'Masc' ender

- (Eye makeup)
11. Actor who brought Duddy Kravitz to life on the silver screen: 2 wds.
12. Aviator's steering wheel
13. Grande _ (New Brunswick village)
19. Alberta city south of Edmonton
21. Vancouver... Landmark in Stanley Park that's over 700 years old: 2 wds.
24. Egg part
26. Movie studio
28. France/Germany river
29. The Who's " _ See for Miles"
30. Holy hails
31. Gladiator's 2105
32. Ms. Spelling
34. Tangy drinks
35. "Mamma _" (2008)
39. Headliner
42. Key: French
46. Singer/actress, _ Badu
48. "Slide" by The _ Dolls
50. Savoury fifth taste
51. Gave a 'Yea'-opposing vote
52. Winged
53. Dermatologist's tool
54. Off-road rides, commonly
55. 'You' of yore
57. _B (Toothbrush brand)
60. Ship's leader [abbr.]
61. will.i.am's bandmate, _ de a.p.

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Give yourself extra time this morning so you have wiggle room to deal with surprises, because something unexpected will occur. Forgotten appointments or sudden changes are likely.

Taurus April 21 - May 21
Disputes about inheritances and shared property are likely now. This morning, unexpected news could affect these arrangements. Stay on top of things!

Gemini May 22 - June 21
Today the Moon is in your sign, which makes you more emotional than usual; however, it also favours you with good luck. Unexpected news might catch you off guard.

Cancer June 22 - July 23
Something might make you feel unsettled or uncertain about things today. If this is the case, reserve important decisions for the morning, and do nothing in the afternoon. Just coast.

Leo July 24 - Aug. 23
This is a fun day! Enjoy the company of others; however, don't commit to anything this afternoon. (You might meet a real character this morning or someone you know might do something that amazes you.)

Virgo Aug. 24 - Sept. 23
Bosses, parents and VIPs might throw you a curveball this morning. Wait until tomorrow to respond. You'll be glad you did.

Libra Sept. 24 - Oct. 23
Travel plans will be interrupted this morning. However, by contrast, you suddenly might have to travel somewhere even though you didn't expect to do so. "Whaaaat?"

Scorpio Oct. 24 - Nov. 22
When dealing with shared property, taxes, debt and inheritances, restrict your decisions to this morning. Furthermore, expect a few surprises! (Know your stuff.)

Sagittarius Nov. 23 - Dec. 21
A partner or a close friend might say or do something you least expect this morning. However, you might like it. Whatever happens might give you more freedom in some way.

Capricorn Dec. 22 - Jan. 20
Your work routine will be interrupted this morning because of power outages, computer crashes, staff shortages or something unexpected.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day for your kids, especially this morning. Therefore, be vigilant and know what's going on.

Pisces Feb. 20 - March 20
Small appliances might break down this morning or minor breakages could occur because your home routine will have some speed bumps. Definitely. Perhaps surprise company will knock on your door.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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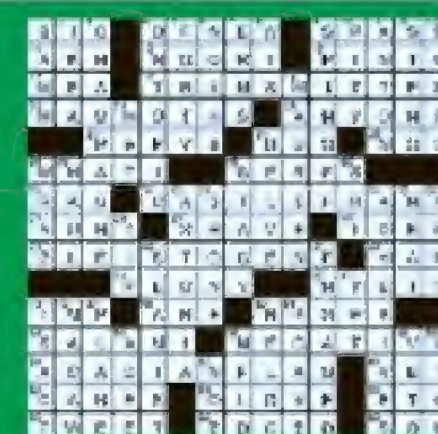
metro



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



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2016 TIGUAN

2016 JETTA

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60 MONTHS*
on select models

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BONUS CASH** on other select models

*Jetta Highline, GLI and Hybrid amount shown

UP TO

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5-DAY BONUS† on select models

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